

# 2023 Education

## Class Descriptions

### **ABCs of a Successful Doctor Visit for Caregivers**

Have you ever left your doctor's office wishing you could have more time? In today's primary care visit, time is short and there are many issues to cover. How can you be effective and respectful of your doctor's time and get answers you want? This session explores how to make the most of your doctor visit. It will review some of the most important ways people can be prepared by applying common health advocacy skills.

### **Brain Health & Aging**

The brain is our most complex organ. It is also one of the most important. That's why trying to keep it healthy is critical now, and as we age. Join us as we learn about the basics of brain health, including ways to promote healthy aging and reduce potential threats to brain health.

### **Day to Day Caregiving Skills**

Caring for a loved one at home? Would you like to learn some practical skills and tips for helping with day-to-day personal care? In this class we will talk about activities of daily living, creating routines, incontinence issues, equipment and assistive devices, nutrition, community resources and more.

### **Dementia Caregiving**

Caring for someone with dementia? Join us for some tips related to dementia caregiving. We will talk about what dementia is, ideas on preparing for the road ahead, developing our caregiver tool boxes, communication issues and creating routines.

### **Legal & Financial Issues**

Ever wonder what it means to "Get your affairs in order"? Confused by the different names of financial and healthcare documents? Join us for an overview of legal and financial planning. This class will help you learn how to choose a decision maker, how to make your choice "official," and how to share your wishes with others. You will learn about powers of attorney, advance care planning, POLST forms, trusts and wills and other resources to help you get started.

### **Powerful Tools for Caregivers 6 Week Workshop**

Powerful Tools is a six-week workshop open to spouses, partners, adult children, and friends caring for a loved one at home. Classes provide you with tools and tips to better handle the unique challenges you face. Learn to: reduce personal stress, communicate effectively, deal with difficult feelings, and more.

### **Staying Well: Emotional Wellness**

Developing and maintaining wellness is a lifelong journey. In this workshop you'll learn skills to evaluate and improve emotional wellness, understand the connection between your emotions and other aspects of your life, manage your feelings, build a strong support system, and cope with changes and challenges.

### **Taming the Medicine Cabinet**

The majority of Americans take at least one medication, and 20% take five or more. Keeping track of your medications can be challenging. Join us as we explore some of the common causes of medication errors and challenges that most people face. We will also identify practical tips that anyone can use, including how to take back medications that are expired or no longer needed.

**See reverse side for class schedule**



## 2023 Education Schedule

Month	Event/Program	Day	Start Date	End Date	Time	Location	Type of class
January	Staying Well: Emotional Wellness	Thursday	1/26/2023		10-11 am	Zoom	General Education
February	Dementia Caregiving	Wednesday	2/15/2023	2/22/2023	10-11:30 am	Zoom	Caregiver Education
March	Powerful Tools for Caregivers	Wednesdays	3/8/2023	4/12/2023	2-3:30 pm	Zoom	Caregiver Education
April	Day to Day Caregiving Skills	Tuesday	4/18/2023	4/25/2023	10-11:30 am	Zoom	Caregiver Education
May	Brain Health & Aging	Tuesday	5/23/2023		10-11:30 am	Zoom	General Education
June	Powerful Tools for Caregivers	Tuesdays	6/6/2023	7/18/2023	10 am - 12 pm	Zoom	Caregiver Education
July	Taming the Medicine Cabinet	Tuesday	7/25/2023		10-11:30 am	Hybrid	General Education
August	Dementia Caregiving	Tuesdays	8/8/2023	8/15/2023	1-3 pm	Hybrid	Caregiver Education
September	Powerful Tools for Caregivers	Tuesdays	9/5/2023	10/10/2023	1-3 pm	In-person	Caregiver Education
October	Legal and Financial Issues	Thursday	10/19/2023		1-2:30 pm	Hybrid	General Education
November	ABC's of a Successful Doctor's Visit for Caregivers	Tuesday	11/7/2023		10-11:30 am	Hybrid	Caregiver Education

**To register, contact AAADSW's Aging & Disability Resource Center at  
360-694-8144 or ClarkADRC@dshs.wa.gov.**

Registration is required for all classes. There are deadlines for registration. Zoom Meeting details will be provided at registration.